

# Recipe- Roast Pheasant

Basic method

## Ingredients (about 4 small servings)

Pheasant	~2.8 lb
Salt	to taste (and pepper, if desired)
Bacon (strips)	about 4

Can be stuffed\*, stuffing of your choice about 1 ½ - 2 cups (see note below)

**Method** *There are many other methods, including pre-brining (most recipes recommended at least 2 hours, up to 8 hours); “high-low” oven temperatures (450-500°F for first 15-20 minutes, then reduce to 350°F range); very low temperature (~300°F), etc.*

At least 2 hours (up to 8 hours) before roasting, dry the pheasant thoroughly and place it in the refrigerator, uncovered.

Pre-heat oven to 350°F. Set the oven rack you intend to use in the lower 1/3 of the oven. Prepare a roasting pan: line with aluminum foil, then fit a rack over the foil. Season the pheasant liberally inside and out with the salt and optional pepper. Place pheasant in the prepared roasting pan, breast up. Lay the bacon strips over the pheasant, cutting them as needed to cover the pheasant as completely as possible. When the oven is hot, place the pan in it, on the oven rack you selected. Roast for 1 hour, remove roasting pan with pheasant, and check its internal temperature at the thickest part of the leg near where it joins the body, and also check the breast.

If the temperature is below 135-140°F, return to oven for a few more minutes until that temperature is reached. Remove from the oven and remove bacon strips (they can just be dropped on the rack near the pheasant). Check temperature in both legs and also the breast. If one leg's temperature is lagging the other, place the pheasant back in the oven with the lagging leg up (pheasant on its side). Otherwise, if all three readings are close to one another, continue to roast the pheasant breast-up for about another 15 minutes. Remove from oven and check temperature and color of juices at the leg joints. When the temperature is 150-155°F and the juices are no longer bloody, remove the pheasant from the oven. Remove the pheasant from the pan and place on cutting board for about 15 minutes. Carve the pheasant and serve immediately. If you wish, you can make a gravy/sauce from the pan juices, but these juices must be separated from the bacon fat, of which there will be a lot. Or it can just be served with the bacon, which should be quite crisp.

\*If you have stuffed the pheasant, the total roasting time will be longer; mine (stuffed) was close to 2 hours. The meat is very dense but, unless you've over-roasted it, it should not be dry. When the “done temperature” (150-155°F) is approached, watch it like a hawk.